

TAC Masters Update 14th March 2019

http://www.tonbridgeac.co.uk/Masters/Masters_home.html

BMAF Indoor Champs Lee Valley 9-10th March

British Masters Indoor Championships – Lee Valley – Sat/Sun, 9th/10th March

Report by Alan Newman...

Numerous world records fell at the 2019 BMAF Indoor Championships at Lee Valley Stadium at the weekend. A record entry had been received but programme delays were avoided and the meeting finished an hour early on Sunday – followed by a five hour journey home for some TAC athletes as the M25 was gridlocked due to an accident and the Queen Elizabeth Bridge being closed due to high winds!

Fortunately, conditions inside the impressive indoor arena were mild and windless but the winter throws in the adjacent outdoor stadium were held in some testing conditions. The TAC tally was one gold, one silver and four bronze medals plus four club records...

Mark McAllister continues to have a strong winter as he took 5th in the M45 60m, 7.68. He had previously won his heat in a new PB of 7.64.

Then on Sunday he won Bronze in the 200m with a big PB of 25.12

Steve Tester won bronze in the M35 400m in 52.91.



Ian Crawley M55 was taking part in a variety of events as he builds to the World Indoor champs in Poland later in the month. Gold in the High Jump 1.52, Silver in the Long Jump 4.76 and 7th in the Shot Put. PV result not in yet.

Also in the M55 category now Phil Coleman took to the indoor track some 35 years since his last attempt. He ran 10.27.46 to be 4th in the M55 3k. Alan Newman also ran 3K as M65 to be 6th in 12.30.95. This followed up a season best of 5.52.98 , 4th in the 1500m.

Sue James W65 did the 800m (4th 3.39.79) and 1500m , 7.19.89, double. Coming away with the bronze in the 1500m. Sue and Alan are also bound for Torun in Poland for the World Indoor Masters championships.

Another to come home with a Bronze medal was Nicky Buckwell W60, 200m 36.08. Good effort fresh from a month in New Zealand!!



Results Summary

Saturday, 9th March

M45 60m Heat: 1 Mark McAllister 7.64 PB – **Club Record**
M45 60m Final: 5 Mark McAllister 7.68
M55 60mH Final: 4 Ian Crawley 10.66
M35 400m Final: 3 Steve Tester 52.91 SB (**Bronze**)
M65 1500m Final: 4 Alan Newman 5:52.98 SB – **Club Record**
W65 1500m Final: 3 Sue James 7:19.89 (**Bronze**)
M55 HJ Final: 1 Ian Crawley 1.52 (**Gold**)
M55 LJ Final: 2 Ian Crawley 4.76 (**Silver**)

Sunday 10th March

M45 200m Final: 3 Mark McAllister 25.12 SB **(Bronze)** – equals Club Record

W60 200m Final: 3 Nicky Buckwell 36.08 **(Bronze)**

W65 800m Final: 4 Sue James 3:39.71

M55 3000m Final: 4 Phil Coleman 10:27.46 – **Club Record**

M65 3000m Final: 5 Alan Newman 12:30.95

M55 Shot Final: 7 Ian Crawley 9.28

M55 PV Final: 4 Ian Crawley 2.80

Full results at Power of 10 here:

<https://thepowerof10.info/results/results.aspx?meetingid=277477>

Inter Counties XC

3 TAC Masters qualified athletes were in the Kent Senior Ladies team at the Windy Inter counties XC championships at Prestwold Hall, Loughborough.

Maria Heslop 151st 45.34 with Liz weeks close behind in 160th 45.56. Tina Oldershaw 211th 48.07 completed the Kent team which finished 13th of 29 ,in a high quality race that attracts the top runners in the country.



BMAF XC Champs Belfast

Unfortunately, this event was clashing with the indoor champs and also in Belfast. Looking at the results there were relatively small fields and dominated by local clubs. Ben Reynolds (THH) won the M55 category coming 3rd overall and was part of the winning M45 team in a disappointing field of 3 complete teams.

Vitality Big Half

Nichola Evans continues to improve with every race and ran 1.33.47 as she smashed her PB by 2.23 at the Big half in London, despite the challenging windy conditions. She was 161st woman, in the top 2% of finishers. Also running a PB by 39 secs was Diana Goldsmith who ran 1.56.58.

Lydd 20 Miler

Deniz Bowart definitely had the biggest challenge of the weekend running 20 miles in the exposed Romney Marshes. Well done on your 3.25.11. (Apparently Julian Rendall was 5th in 2.02.54 as he ran as a training run with Matt Denis)



Reminder for events coming up.

Knole Park 10k this Sunday

National Road relays Saturday 18th May 2019

<http://bmaf.org.uk/library/fixtures/BMAFrr2019%20Prospectus.pdf>

Entry is by team (mark PK)

Looking for teams in W35, W45, M35, M45, M55 and M65

Fixtures for the Kent Vets Track and Field

Fri 3rd May Sutcliffe Park

Mon 13th May. Dartford

Fri 31st May. Tonbridge

Mon 10th June Medway

Mon. 24th June Ashford

Fri 19th July. Bexley